Table 1. Important fruit-producing and seed-producing native plants in North Carolina and the timing of fruit or seed availability.

Species	Common Name	Timing of Availability[a]	Birds Benefited[b]
Soft mast fruits			
Amelanchier arborea	Serviceberry	May-June	R,G,M,W,P
Morus rubra	Red mulberry	May-June	M,G,T,W,P,O
Prunus angustifolia	Chickasaw plum	May-Aug.	M,G
Vaccinium spp. (native)	Blueberry	May-Oct.	M,R,T,C,O
Gaylussacia spp. (native)	Huckleberry	May-Oct.	M,R,T,C,O
Rubus spp. (native)	Blackberry	June-July	R,M,G,T,W,O,C,P,S
Sassafras albidum	Sassafras	June-July	M,R,T
Chionanthus virginicus	Fringetree	June-Sept.	R,M,T
Rhus spp. (native)	Sumac	June-Oct.	R,M,G,T
Prunus serotina	Black cherry	July-Aug.	R,G,M,W,P,T,O
Parthenocissus quinquefolia	Virginia creeper	July-Aug.	R,M,P,T
Sambucus canadensis	Elderberry	July-Sept.	R,M,G,S,T,O,P
Lindera benzoin	Spicebush	Aug.-Sept.	R,T
Celtis occidentalis	Hackberry	Aug.-Oct.	R,M,G,W
Nyssa sylvatica	Blackgum	Aug.-Oct.	R,M,P,T,W
Phytolacca americana	Pokeweed	Aug.-Oct.	R,M,G,W
Vitis spp. (native)	Grape	Aug.-Oct.	M,R,G,W,P,C,O,T,S
Opuntia compressa	Cactus	Aug.-Oct.	M
Berchemia scandens	Rattanvine	Aug.-Oct.	M
Cornus florida	Dogwood	Aug.-Oct.	R,M,G,W,P,T
Cornus amomum	Silky dogwood	Aug.-Nov.	R,M,G,W,P,T
Toxicodendron radicans	Poison ivy	Aug.-Nov.	R,P,M,C,S,W
Callicarpa americana	Beautyberry	Aug.-Nov.	R,M
Viburnum spp. (native)	Viburnum	Aug.-Dec.	M,W
Myrica cerifera	Wax myrtle	Aug.-Dec.	M,G
Ilex glabra	Gallberry	Aug.-Dec.	R,M,W,P
Ilex verticillata	Winterberry	Aug.-Dec.	R,M,W,P
Diospyros virginiana	Persimmon	Sept.-Oct.	R,M,W
Crataegus spp. (native)	Hawthorn	Sept.-Oct.	W,S,R
Smilax spp. (native)	Greenbrier	Sept.-Nov.	M,R
Sorbus arbutifolia	Chokeberry	Sept.-Nov.	W,R,G
Aralia spinosa	Devil's walkingstick	Sept.-Dec.	R,M
Ilex decidua	Possumhaw	Sept.-Jan.	R,M,W,P
Ilex vomitoria	Yaupon	Sept.-Jan.	R,M,W,P
Ilex opaca	American holly	Sept.-Feb.	R,M,W,P
Juniperus virginiana	Eastern redcedar	Sept.-Feb.	W,G,R,M
Phoradendron serotinum	Mistletoe	Nov.-Jan.	W,R
Hard mast fruits or seeds			
Ulmus spp. (native)	Elm	March-April	G
Acer rubrum	Red maple	March-April	G,N,C,S
Panicum spp. (native)	Panicgrass	April-Oct.	S,G
Betula nigra	River birch	May-June	G,T,N,C,S
Carex spp. (native)	Sedge	May-July	S,G
Acer saccharum	Sugar maple	June-July	G,N,C
Polygonum spp. (native)	Smartweed	June-Oct.	S,G
Helianthus spp. (native)	Sunflower	July-Oct.	S,G,C
Ostrya virginiana	Hophornbeam	July-Oct.	G,P
Magnolia grandiflora	Southern magnolia	July-Oct.	P,T,G
Ambrosia artimisifolia	Ragweed	Aug.-Oct.	S,G
Fraxinus spp. (native)	Ash	Aug.-Oct.	G
Corylus americana	Hazlenut	Aug.-Oct.	P
Rudbeckia fulgida	Orange coneflower	Aug.-Nov.	G,S
Pinus spp. (native)	Pine	Aug.-Nov.	G,C,N,W
Aster spp. (native)	Aster	Aug.-Feb.	G,S,C,N
Carpinus caroliniana	Ironwood	Sept.-Oct.	G
Echinacea purpurea	Purple coneflower	Sept.-Oct.	G,S
Liriodendron tutipifera	Yellow poplar	Sept.-Oct.	G
Fagus grandifolia	American beech	Sept.-Oct.	P,N
Castanea pumila	Chinquapin	Sept.-Nov.	P
Quercus spp. (native)	Oaks	Sept.-Dec.	P,N,C,M
Sorghastrum nutans	Indiangrass	Sept.-Feb.	G,S
Coreopsis spp. (native)	Tickseed	Sept.-March	G,S
Liquidambar styraciflua	Sweetgum	Oct.-Dec.	G
Platanus occidentalis	Sycamore	Oct.-Jan.	G
Solidago spp. (native)	Goldenrod	Oct.-March	G,S
Andropogon spp. (native)	Bluestem	Oct.-March	G,S

[a]Modified from Radford, *et al.* (1968). Dates represent timing of fruit or seed presence on the plant; fruits and seeds of many plant species persist through the winter.

[b]According to Martin, Zim, and Nelson (1951). R = robins and thrushes; M = mockingbirds, catbirds, thrashers; S = sparrows, towhees; G = grosbeaks, buntings, cardinals, finches; T = tanagers, vireos; O = orioles; C = chickadees, titmice; W = waxwings; N = nuthatches; P = woodpeckers.

- Plants that are important for some birds because of the fruits and seeds they produce (*e.g.*, oaks and yellow poplars) also offer a home to leaf-eating insects, which are in turn food for other birds. Plant diversity increases insect diversity (*i.e.*, certain insects occur only on specific plant species), and lots of plant foliage creates more insect-holding leaf area.

Hummingbirds: Hummingbirds help pollinate more than 160 native North American plants and are easily attracted to a backyard with a diversity of native plants. Ruby-throated hummingbirds, the only hummingbird species that breeds in North Carolina, feed on small insects and nectar. They prefer the nectar from bright, tubular flowers, such as cross-vine (*Bignonia capreolata*), Carolina jessamine (*Gelsemium sempervirens*), and coral honeysuckle (*Lonicera sempervirens*). To attract hummingbirds, plant a variety of flowering plants that provide nectar throughout the warmer months *(see Table 2)*.

Hummingbird feeders are good artificial sources of nectar for these birds and should be filled with a boiled solution of four parts water to one part white sugar.

- Honey or red food coloring is not recommended, and feeders can be left up year-round.
- Ruby-throated hummingbirds will migrate even if feeders are left up, and some individual ruby-throats or other unusual hummingbird species may visit a feeder during the winter, especially in the warmer parts of the state. Most individual hummingbirds leave North Carolina by mid